

To help students recognize that eating fruits and vegetables on a daily basis can improve their overall health, the International School of Louisiana's Food Service Department in coordination with the school's Physical Education Department, is taking on the 5-A-Day Challenge for the entire month of January. Students will track their fruit and vegetable consumption from breakfast, lunch and dinner on a "5-A-Day" chart. Parents support their children's efforts to increase fruit and vegetable consumption by allowing them to assist with fruit and vegetable purchases, giving children options to choose which vegetable to serve at dinner, and keeping fruits and vegetables where kids can see them - like on counter tops. The ISL Cafe is serving fresh fruits and veggies, as well as offering new healthy snack options. Students that bring lunch from home are encouraged to participate by bringing 100% fruit or vegetable juice, or packing fresh fruits and veggies in their daily lunch box.

Photo #1: ISL's Ms. Melissa's table "Try it before you deny it" offers dried fruits and fresh vegetables including butternut squash, snow peas, cucumbers, cauliflower and much more!



Photo#2: ISL student Jace Stewart is excited about eating healthy!



Photo#3: ISL student Kaia Martin-Paternoster with a healthy snack.

